



IMPROVING HOOSIER HEALTH AND WELLNESS

Office of Governor Mitch Daniels

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Governor Daniels Signs Bill to Increase Student Nutrition

New regulations for school vending machines took effect on July 1, 2006.

During school hours, machines will now be equipped with food and beverage items that qualify as "better choices" to help increase student nutrition throughout the day.

The law also requires daily activity for elementary school students in public schools and requires schools to establish a school health advisory council to develop a local wellness policy.

METH INITIATIVES IMPROVING OUTLOOK FOR HOOSIERS

Governor Daniels' initiatives to combat methamphetamine production and abuse, including the state's law that restricts the sale of medicine containing commonly used meth ingredients, and increased law enforcement, are showing results and improving conditions for children and families.

According to the Criminal Justice Institute, there were 82 children affected by meth this time last year compared to 70 this year.

Drug lab seizures have decreased dramatically from 542 during the months of Jan.-May, 2005, to 432 during the same months this year.

The Governor will continue his efforts to rid Indiana of this highly addictive drug.

INSHAPE INDIANA HELPS HOOSIERS 'LIGHTEN UP'

Governor Mitch Daniels' health initiative, INShape Indiana, is helping Hoosiers lose weight and choose a healthier lifestyle.

Since its inception, participants have lost a total of 26,152 pounds and have reduced their cigarette consumption by 10.3 percent.

"Adopting a healthy lifestyle is good for you and for Indiana," said Daniels. "Too many Hoosiers are losing years because they do not embrace healthy habits."

As the cost of health insurance continues to rise across the country, it is becoming increasingly important for Hoosiers to make healthy choices for themselves and their families.

To join INShape Indiana, individuals and groups can log on to www.inshape.IN.gov and register for free.



Governor Mitch Daniels speaks with some students at a local gym about the importance of exercise and leading a healthy life.

Indiana Prepares for Possible Flu Pandemic

Indiana's preparations for response to a possible avian flu pandemic are in place, including updating plans for all 92 counties.

Governor Mitch Daniels encouraged Hoosiers to be prepared as well at a statewide summit in March, 2006.

"We have to be ready, because it is not impossible that we could have a flu emergency. Hoosiers should know that we have been working on this and have solid preparations in place," said Daniels.

To view Indiana's flu pandemic plan, please go to: <http://www.in.gov/isdh/pdfs/PandemicInfluenzaPlan.pdf>

Rx for Indiana Exceeds Initial Outreach Goal

After one full year Governor Daniels' health assistance program, Rx for Indiana, has matched more than 130,000 Hoosiers with programs providing prescription drug assistance.

Rx for Indiana provides a one-stop shop for patients, health care providers, and caregivers to obtain information about more than 2,500

medications available free or at a significantly reduced price through more than 475 programs offered by pharmaceutical manufacturers, the government, and other organizations.

In April 2005 the National Partnership for Prescription Assistance program was launched across the country. As one of the state programs,

Rx for Indiana can now assist callers in more than 150 different languages.

"This has been a great year, but we will continue to reach out to the thousands of Hoosiers who can and will benefit from this program..." said Daniels.

For More information go to: www.RxforIndiana.org, Toll-free Number: 1-877-793-0765